US HARBORS www.USHarbors.com

Rockland, ME - Jan 1995

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	10:15	12.6	10:57	11.1	3:57	-0.5	4:40	-1.9	7:11	4:08	
2	Mon	11:09	12.7	11:50	11.2	4:51	-0.7	5:32	-2.0	7:11	4:09	
3	Tue			12:02	12.5	5:45	-0.6	6:23	-1.8	7:11	4:10	
4	Wed	12:42	11.2	12:54	12.1	6:38	-0.5	7:13	-1.4	7:11	4:11	
5	Thu	1:33	11.0	1:46	11.5	7:31	-0.2	8:03	-0.9	7:11	4:12	
6	Fri	2:25	10.8	2:40	10.9	8:25	0.2	8:53	-0.4	7:11	4:13	
7	Sat	3:17	10.5	3:35	10.2	9:20	0.6	9:44	0.2	7:11	4:14	
8	Sun	4:11	10.2	4:33	9.6	10:17	0.9	10:37	0.7	7:10	4:15	
9	Mon	5:05	10.0	5:31	9.2	11:15	1.1	11:30	1.2	7:10	4:16	
10	Tue	5:59	9.9	6:29	8.9			12:13	1.2	7:10	4:17	
11	Wed	6:52	9.9	7:25	8.8	12:24	1.4	1:09	1.1	7:09	4:18	
12	Thu	7:42	10.0	8:16	8.9	1:16	1.5	2:00	0.9	7:09	4:19	
13	Fri	8:29	10.1	9:04	9.0	2:05	1.5	2:48	0.7	7:09	4:20	
14	Sat	9:13	10.3	9:48	9.1	2:51	1.5	3:31	0.5	7:08	4:22	
15	Sun	9:53	10.4	10:28	9.3	3:33	1.3	4:12	0.3	7:08	4:23	
16	Mon	10:29	10.5	11:04	9.4	4:13	1.2	4:49	0.1	7:07	4:24	
17	Tue	11:03	10.6	11:37	9.6	4:51	1.1	5:25	0.0	7:07	4:25	
18	Wed	11:36	10.7			5:29	0.9	6:01	-0.1	7:06	4:27	
19	Thu	12:09	9.8	12:12	10.8	6:08	0.8	6:38	-0.2	7:05	4:28	
20	Fri	12:45	10.0	12:52	10.7	6:49	0.6	7:17	-0.2	7:05	4:29	
21	Sat	1:24	10.2	1:37	10.6	7:34	0.5	8:00	-0.1	7:04	4:30	
22	Sun	2:08	10.4	2:26	10.4	8:24	0.4	8:47	0.0	7:03	4:32	
23	Mon	2:58	10.6	3:21	10.1	9:18	0.4	9:40	0.2	7:02	4:33	
24	Tue	3:53	10.7	4:23	9.9	10:19	0.3	10:38	0.4	7:02	4:34	
25	Wed	4:54	10.8	5:32	9.7	11:24	0.1	11:40	0.5	7:01	4:36	
26	Thu	6:00	11.1	6:45	9.8			12:30	-0.2	7:00	4:37	
27	Fri	7:07	11.4	7:53	10.1	12:45	0.4	1:35	-0.6	6:59	4:38	
28	Sat	8:11	11.8	8:55	10.4	1:48	0.2	2:36	-1.0	6:58	4:40	
29	Sun	9:11	12.1	9:51	10.8	2:49	-0.1	3:33	-1.3	6:57	4:41	
30	Mon	10:06	12.3	10:44	11.1	3:46	-0.4	4:26	-1.5	6:56	4:43	
31	Tue	10:58	12.3	11:33	11.2	4:39	-0.6	5:16	-1.6	6:55	4:44	